



A MINUTE OF HEALTH WITH CDC

Beware of the Air

Nonfatal, Unintentional, Non-Fire-Related Carbon Monoxide Exposures — United States, 2004–2006

Recorded: August 26, 2008; posted: August 28, 2008

This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Homeowners beware: a killer may be lurking. Carbon monoxide, or CO, is a colorless, odorless gas that's produced by heating systems, cars, other gas-powered engines, and even cigarettes. During a recent three-year period, over 60,000 people were treated in emergency departments for CO exposure. Common symptoms include headache, nausea, and dizziness. Excessive exposure can be fatal.

Here are some strategies to prevent CO exposure:

- have your gas, coal, or oil heating system professionally serviced every year;
- never idle a vehicle or other gas-powered engine in your garage – even with the door open, and
- use CO detectors in your home.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.